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LOWDOWN ON THE FAT BREAKDOWN

METRO LOOKS AT HOW GOOD (OR BAD) SOME SUMMER EATS ARE FOR YOU PAGE 10

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David Burke, an owner at the Willow On Wascana, sits on the restaurant's expansive and somewhat empty patio on Monday evening as a chillier than normal month of July comes to an end. ROSS ROMANIUK/METRO

Summer chill nips at the city

Cruel summer.
Regina, Saskatoon saw only one day above 30 C in July

MORGAN MODJESKI
Metro in Saskatoon

Residents of Saskatchewan's two largest cities might have felt a chill during the peak of the summer, as Regina and Saskatoon suffered through cooler than average conditions this July.

According to John Paul Cragg, a meteorologist with Environment Canada, daily temperatures in Saskatoon have been half a degree lower than the typical average of 18.2 C for July, while Regina has seen temperatures a full degree lower than the average of 18.8 C.

And both cities have seen noticeable drops in their number of July days in which temperatures climbed above 30 C.

"One of the interesting things about this month is there haven't been any really warm days," Cragg said.

"In both Regina and Saskatoon, there's only been one day in July where temperatures got above 30 C."

By this time of the summer, Regina usually sees an average of 8.5 days above 30 C and Saskatoon usually sees six.

The hottest day Saskatoon has seen this month brought a temperature of 30.3 C, while Regina climbed as high as 31 C. Cragg explained that cold air from the north combined with high dew points — more moisture in the atmosphere — could have contributed to the drop.

With the colder weather, patrons of patios have been thinning.

Greg Clark, operating partner at Hudsons Canadian Tap House in downtown Saskatoon, said while the colder weather hasn't affected his bottom line, fewer people have been frequenting his patio.

"When that sun creeps out a little bit, people get out there," said Clark. "So people are still going out when they can.... However, on days like today, when you've got that breeze, no one wants to touch the patio."

David Burke, an owner at the Willow On Wascana, said the number of customers on that restaurant's large patio has fallen off — even if overall business there hasn't been affected.

"Certainly there are less people able to enjoy the patio," said Burke, noting that wind, rain and cold have had an impact. "My business isn't down, but certainly the use of the patio is down."

NEWS 1

RCMP look for answers in crash that killed six teens

'A bad scene'. It will take months before the investigation into the deaths is done

Saskatchewan RCMP believe it will take at least three months before an investigation is complete into the deaths of six teens in a car crash.

Cpl. Rob King said Monday that investigators are talking with witnesses and friends who saw the teens before they packed into a two-door car and headed out on a rural road early Saturday.

The car collided with a semi truck at an intersection south of Lloydminster. Both vehicles slammed into a nearby slough. The truck rolled onto its roof and the car sank to the bottom.

The victims — three girls and three boys — were 13 to 17 years old.

Investigators have briefly talked with the truck driver, the only one who survived the crash, said King.

But they still have a lot of work to do to piece together what happened, he said. That includes trying to determine which teen was driving the car or if that teen had a driver's licence.

"The autopsies might hopefully give us some answers about that. The reconstructionist report might shed some light."

Toxicology tests have also been ordered to determine if the teens had been drinking.

Some of the investigators are describing the crash as the worst they've ever seen, he added.

"It's a bad scene when you have six dead bodies, and six young dead bodies."

The victims have been identified as Tarren Attfield, 15, of Lashburn; Jayden Boettcher, 16, and Kristopher Tavener, 17, both of Marshall; and Naomi Salas-Schafer, 13, Aimie Candace Elizabeth Hurley, 14, and Mackenzie Moen, 14, of Lloydminster. Autopsies are being done in Saskatoon.

The province's chief coroner, Kent Stewart, said it's going to take some time to examine the bodies. "Certainly we will do everything we can to try and accommodate families and get through this."

He said he will wait to see the results of the final police report before deciding whether to call an inquest.

THE CANADIAN PRESS

A crew tries to remove a semi-trailer tanker truck from a slough after it collided with a car in a crash that killed six teens on Saturday near Lloydminster. JASON FRANSON/THE CANADIAN PRESS

Sk8 Regina looks for new indoor home

Noel Wendt, president of SK8 Regina, says the skate park needs a new indoor facility by the fall to maintain its programs. ALYSSA MCDONALD/METRO

Lingering questions remain after city council voted unanimously on Monday night to continue to search for a new home for Regina's indoor skateboard park, with no concrete solutions.

Noel Wendt, president of the non-profit SK8 Regina, which has run the park, said they are hopeful that they will find a place before the snow falls, though a budget increase might be necessary.

"We looked at one facility already, and it seemed as though it was outside of the current budget," Wendt said before the city hall meeting.

"I do not know if there will be additional funding that is going to come, which would be awesome — but (right now), I don't know."

The city's property administration and SK8 Regina have looked at a property at a cost of approximately $90,000 including utilities — far more than the $35,700 budgeted by the city. That budget is equivalent to the former rent and utilities the city had paid for the skate park's most recent location at Evraz Place, which it had to vacate by May 5.

"The facility is a winter facility to keep kids rolling," said Wendt. "But come fall, if there isn't anything in place, it's going to be a long winter."

The non-profit group, which serves 3,600 skaters per year, wants a facility before the outdoor skate parks become covered in snow.

"We want to continue to work with the organization to find a place that is affordable for both the skateboarders around the city as well as the city itself," Mayor Michael Fougere said after the meeting.

ALYSSA MCDONALD/METRO

Fun for everyone

Mach 3 ride, fried pickles and Loverboy at the Ex this year

The Queen City Exhibition is set to make its annual return to Evraz Place on Wednesday, offering five days of attractions, rides, concerts and, of course, sinful carnival food.

Some of the new offerings to this year's festivities include the gravity-defying Mach 3 ride and lip-smacking dishes, such as fried pickles and bacon-wrapped corn dogs, event co-ordinator Josh Shaw told Metro.

The Mach 3 attraction, which seats eight at a time, propels riders through a "full 360-degree" rotation, Shaw said.

In addition to the whirling rides, exhibition-goers can also enjoy a handful of musical performances featuring the likes of Three Days Grace, Loverboy and Simple Plan.

The concert schedule was thrown into chaos two weeks ago when rapper Classified pulled out, citing personal reasons.

Luckily, Shaw said the event's promoter Live Nation found a quick replacement in budding Canadian stars Walk Off the Earth, best known for an eclectic cover of the smash hit Somebody That I Used to Know, featuring the five band members sharing a single guitar.

Once again, security will conduct bag checks at the exhibition grounds, after that measure was brought in for last year's event.

The goal of the increased security, Shaw said, is to make the event as "family-friendly" as possible.

MARCO VIGLIOTTI/METRO

Josh Shaw METRO

Hundreds rage at police after an officer guns down teenager

Toronto streetcar slaying. Assurances from police chief do little to quell outrage

Sammy Yatim, 18
FACEBOOK.COM

Hundreds of protesters shouted at police and called for justice Monday as they gathered at the spot where a young man was shot dead in an altercation with Toronto police on a streetcar.

The mother and sister of Sammy Yatim, 18, were among a crowd of protesters that stretched more than a block as marchers headed to the intersection where the teenager died on Saturday morning.

The death has sparked a flood of anger at police, who have suspended the officer involved. The crowd chanted "Shame!" with a handful of protesters angrily confronting police monitoring the march.

Protesters briefly stopped and vented outside a police station.

Ontario's police watchdog is probing the incident, which was captured on video. Yatim was reportedly armed with a knife when he was shot.

Police Chief Bill Blair said the force will do all it can to answer the questions surrounding police conduct.

In addition to the Special Investigations Unit probe, he said he would be conducting a separate review to see if police procedures were followed.

Ontario's ombudsman also weighed in, saying his office would be reviewing the incident to determine if it could trigger a wider investigation.

THE CANADIAN PRESS

Sammy Yatim's mother, Sahar Bahadi, centre, family and supporters confront police who line the route at the rally on Monday. TORSTAR NEWS SERVICE

Head-on train crash leaves dozens of passengers injured

A police officer works at the site where two passenger trains collided head-on in Granges-pres-Marnand, western Switzerland, on Monday. Police say at least 35 people have been injured, five seriously. One person had yet to be recovered from the wreckage Monday night. LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

Taser death. Mountie found not guilty of lying

An officer who was among the four Mounties at the Vancouver airport the night Robert Dziekanski died has been found not guilty of lying at a public inquiry into the Polish immigrant's death.

B.C. Supreme Court Justice Mark McEwan, who heard the case without a jury, said that the Crown failed to prove Const. Bill Bentley knowingly made a false statement.

Bentley was the first to be tried for perjury for his testimony during the 2009 inquiry seeking to find answers about what happened the night the officers responded to a call about a distraught man throwing furniture.

Dziekanski died on the airport floor in October 2007. Bentley said in his notes that Dziekanski came at the officers screaming and brandishing a stapler before they hit him with a Taser and wrestled him to the ground.

But video evidence contradicted some of Bentley's notes and statements.

McEwan raised doubts about the Crown's theory that Bentley and the other officers colluded on their stories to homicide investigators and then lied at the inquiry. He noted civilian witnesses made the same sort of mistakes as the Mounties.

THE CANADIAN PRESS

Monkey see monkey don't. On the origin of monogamy

Only a few species of mammals are monogamous, and now duelling scientific teams think they have figured out why.

One team looked just at primates. The researchers said the exclusive pairing of a male and a female evolved as a way to let fathers defend their young against other males.

The other team got a different answer after examining about 2,000 species of mammals. They concluded that mammals became monogamous because females had spread out geographically, and so males had to stick close to fend off the competition.

But both teams discounted one long-standing explanation: That monogamy provides two parents for rearing offspring. That's just a side benefit.

And both teams agreed that humans do not quite fit in the monogamous category.

Dieter Lukas of the University of Cambridge, lead author of the mammals study, found monogamous species have fewer physical differences between the genders. They are about the same size, live about as long. That's not humans.

"Strict monogamy, such as (with) the gibbons, is not what humans do," agreed Christopher Opie of the University College London, who was the lead author of the primate study.

THE ASSOCIATED PRESS

Mayor felled

Women charged in alleged sexual extortion attempt

Charges of extortion, break-and-enter and conspiracy have been laid against two women involved in an alleged prostitution scandal that brought down the mayor of Laval, Que.

The interim mayor resigned last month, just hours after denying he'd had sex with a prostitute.

He asserted at the time that he had been the victim of an extortion attempt.

Thirty-two-year-old Julie Cadieux and 44-year-old Nathalie Paquin must appear in court on Aug. 14.

Cadieux also faces a charge of drug possession, with intent to traffic. The prosecutor's office alleges she was found in possession of methamphetamine.

Alexandre Duplessis was mayor for barely half a year. He took over after Gilles Vaillancourt stepped down amid a corruption scandal after 23 years at the helm.

Duplessis' brief reign was also marred by testimony that he had participated in illegal political fundraising.

THE CANADIAN PRESS

Risky business

Death and taxes certain in Somalia

Somali traders in Mogadishu have long faced down Islamist rebels and warlords demanding money. Now they say there is a new predator: The tax man.

Five tax collectors have been killed so far this year, following the killings of 10 last year, according to a local government official.

From 2006 to 2011, Mogadishu was controlled by the Islamic extremist group al-Shabab, and business owners were forced to play by the rebels' tax rules. Following al-Shabab's ouster in August 2011, a fragile peace has fallen over the city.

However, the idea of paying taxes seems outlandish in a nation rife with corruption and few functioning hospitals or schools. But if the government is ever to provide social services, the taxman will have to persuade business leaders to pay their part.

"They consider me to be a bandit," said collector Mohamed Nor as he stacked bundles of money into a black plastic bag.

THE ASSOCIATED PRESS

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Court verdict. Princesses reclaim $4-billion estate

It has all the makings of a best-selling novel. An Indian maharaja crowned as a toddler and rich beyond imagination falls into a deep depression in old age after losing his only son.

After his own death a few months later, his daughters, the princesses, don't get the palaces, gold and vast lands they claim as their birthright. Instead, they are given a few dollars a month from palace officials they accuse of scheming to usurp the royal billions with a forged will. The fight rages for decades.

On Saturday, an Indian court brought this chapter to a close, ruling that the will of Maharaja Harinder Singh Brar of Faridkot was fabricated. His daughters will now inherit the estimated $4-billion US estate, instead of a trust run by his former servants and palace officials.

Chief judicial magistrate Rajnish Kumar Sharma, in the northern city of Chandigarh, finally gave his ruling on the case filed by the maharaja's eldest daughter, Amrit Kaur, in 1992, a court official said on Monday. THE ASSOCIATED PRESS

Faridkot riches legendary

The estate includes a 350-year-old fort, palaces and forests lands in Faridkot, a mansion surrounded by acres of land in the heart of India's capital New Delhi, and similar properties spread across four states. There is also a stable of 18 cars including a Rolls-Royce, a Daimler and a Bentley, all in running condition.

A peacock dances inside the Faridkot estate in New Delhi, India, on Monday. A court recently ruled that the daughters of Maharaja Harinder Singh Brar of Faridkot will inherit his vast fortune valued at $4 billion US. THE ASSOCIATED PRESS

Good God, call the fire dept.

Fifty Shades of ... that toaster is turning me on

London firefighters say they have freed hundreds of people with body parts trapped in household objects in the past three years, including 79 people trapped in handcuffs.

The London Fire Brigade speculated that the popularity of the erotic novel Fifty Shades of Grey could account for a rise in handcuffs-related emergencies.

"I don't know whether it's the 'Fifty Shades' effect, but the number of incidents involving items like handcuffs seems to have gone up," said Third Officer Dave Brown.

Firefighters even treated a man with his penis stuck in a toaster. THE ASSOCIATED PRESS

Pope Francis answers reporters' questions on Monday during a news conference aboard the papal flight on its way back from Brazil. Pope Francis reached out to gay people on Monday, saying he wouldn't judge priests for their sexual orientation, in a remarkably open and wide-ranging news conference as he returned from his first foreign trip. THE ASSOCIATED PRESS

Shift in tone: Pope reaches out to gays

'Who am I to judge'?

In first news conference as Pope, Francis says gay clergymen should be forgiven and their sins forgotten

The Gospel

"Today Pope Francis has, once again, lived out the gospel message of compassion for everyone."

The Rev. James Martin, a Jesuit author and commentator, on viewing the Pope's remarks as a sign of mercy.

Pope Francis reached out to gay people, saying he won't judge priests for their sexual orientation, in a remarkably open and wide-ranging news conference on Monday as he returned from his first foreign trip.

"If someone is gay and he searches for the Lord and has good will, who am I to judge?" Francis asked. "We shouldn't marginalize people for this. They must be integrated into society."

Francis' predecessor, Pope Benedict XVI, signed a document in 2005 that said men who had deep-rooted homosexual tendencies should not be priests.

Francis was much more conciliatory in his first news conference as pope, saying gay clergymen should be forgiven and their sins forgotten.

The comments did not signal any change in church policy. Catholic teaching still holds that homosexual acts are "intrinsically disordered."

But they indicated a shift in tone under Francis' young papacy and an emphasis on a church that is more inclusive and merciful rather than critical and disciplinary.

THE ASSOCIATED PRESS

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Animal activists: Why is there more love for Lassie than Three Little Pigs?

There's extensive evidence that pigs are as smart and sociable as dogs. Yet one species is afforded affection and respect; the other faces mass slaughter en route to becoming bacon, ham and pork chops.

Seeking to capitalize on that discrepancy, animal-welfare advocates are launching a campaign called The Someone Project that aims to highlight research depicting pigs, chickens, cows and other farm animals as more intelligent and emotionally complex than commonly believed. The hope is that more people might view these animals with the same empathy that they view dogs, cats, elephants, great apes and dolphins.

"When you ask people why they eat chickens but not cats, the only thing they can come up with is that they sense cats and dogs are more cognitively sophisticated than the species we eat — and we know this isn't true," said Bruce Friedrich of Farm Sanctuary, the animal-protection and vegan-advocacy organization that is co-ordinating the new project.

There's extensive evidence that pigs are as smart and sociable as dogs. THE ASSOCIATED PRESS FILE

The major associations representing chicken and pork producers say the farmers they represent already have taken strides to minimize cruel treatment of farm animals.

"Farm Sanctuary is seeking to humanize them to advance its vegan agenda," said David Warner of the National Pork Producers Council. "While vegans have a right to express their opinion ... they should not force their lifestyle on others."

THE ASSOCIATED PRESS

FBI rescues 105 teens forced into prostitution

Ron Hosko, assistant director of the FBI's criminal investigative division, addresses a news conference at FBI headquarters in Washington, D.C., Monday about Operation Cross Country. EVAN VUCCI/THE ASSOCIATED PRESS

Raids across the U.S.

The victims, almost all girls, range in age from 13 to 17

U.S. authorities rescued 105 teens who were forced into prostitution and arrested 150 pimps and others in a three-day sweep in 76 American cities, the FBI said Monday.

The largest numbers of youth rescued were in San Francisco, Detroit, Milwaukee, Denver and New Orleans.

"Child prostitution remains a persistent threat to children across the country," Ron Hosko, assistant director of the bureau's criminal investigative division, told a press conference.

The FBI said the campaign has resulted in rescuing 2,700 children since 2003.

The investigations and convictions of 1,350 have led to life imprisonment for 10 pimps and the seizure of more than $3.1 million US in assets.

The Justice Department has estimated that nearly 450,000 children run away from home each year and that one-third of teens living on the street will be lured toward prostitution within 48 hours of leaving home.

Congress has introduced legislation that would require state law enforcement, foster care and child-welfare programs to identify children lured into sex trafficking as victims of abuse and neglect eligible for the appropriate protections and services.

THE ASSOCIATED PRESS

Quoted

"Child prostitution remains a persistent threat to children across the country."

Ron Hosko, assistant director of the FBI's criminal investigative division.

Lake focus of search for gun

A member of the Connecticut State Police dive team searches with a metal detector at Pine Lake in Bristol, Conn., the hometown of former New England Patriots player Aaron Hernandez, Monday. Hernandez, 23, has pleaded not guilty to murder in the death of Odin Lloyd, a 27-year-old Boston semi-professional football player. Authorities believe Lloyd was killed with a .45-calibre Glock, which they have said hasn't been recovered. JESSICA HILL/THE ASSOCIATED PRESS

Tour bus plunges off Italy bridge, killing 38

An Italian tour bus plowed through cars, crashed through the side wall of a highway bridge and plunged into a ravine, killing at least 38 people, authorities said Monday.

Rescuers wielding electric saws cut through the twisted wreckage of the bus looking for survivors overnight, and state radio quoted a local police chief as saying the bus driver was among the dead.

The bus lost control near the town of Monteforte Irpino in Irpinia, a largely agricultural area about 60 kilometres inland from Naples and about 250 kilometres south of Rome, hitting several cars before plunging some 30 metres off a viaduct on Sunday night.

It was not immediately clear why the bus driver lost control of the vehicle, but prosecutors were investigating technical problems and had ordered an autopsy on the driver.

Some witnesses said the bus had been going at a "normal" speed on the downhill stretch of the highway when it suddenly veered and started hitting cars. Some witnesses thought they heard a noise as if the bus had blown a tire.

A police officer hugs a man outside the gym of a middle school turned into a morgue, in Monteforte Irpino, Italy, on Monday. SALVATORE LAPORTA/THE ASSOCIATED PRESS

"All possible causes are under examination. It could be a combination of causes," Avellino Highway Police Chief Salvatore Imparato said.

The bus was carrying a group of weekend holiday-makers from the town of Pozzuoli, on the coast east of Naples. The group had arrived at a hotel on Friday afternoon, and had spent the weekend visiting the spa and an early home of Padre Pio, a late mystic monk popular among Catholics, the manager of the hotel said.

Relatives visited a makeshift morgue in a middle school to identify the dead on Monday. The bus, meanwhile, was towed from the site to be examined for possible malfunctions.

Firefighters extracted 37 bodies from the wreckage. Most of the dead were found inside the mangled bus, which lay on its side, while a few of the victims were pulled out from underneath the wreckage, state radio and the Italian news agency ANSA reported. One person died at the hospital.

At least 10 people, including five children, remained hospitalized on Monday.

Cars that were hit by the bus stood on the highway. One car's rear was completely crumpled, while another was smashed on its side. It was not immediately known if anyone in those cars had been injured.

THE ASSOCIATED PRESS

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Pharmaceuticals

Pfizer will sell discounted vaccine to poor countries

Drugmaker Pfizer Inc. has agreed to provide hundreds of millions of doses of its lucrative vaccine against pneumonia and meningitis at a fraction of the usual price for young children in poor countries.

The deal to provide 260 million shots of its Prevnar 13 vaccine for a few dollars each is Pfizer's third agreement under an innovative program through which pharmaceutical companies, governments, health groups and charities collaborate to bring poor countries a long-term supply of affordable vaccines against deadly diseases. THE ASSOCIATED PRESS

Air travel

Unrest in Egypt leads to flight cancellations

Cairo airport officials say seven flights to Egypt have been cancelled and that others are arriving with less than 50 per cent occupancy following weekend clashes that killed 84 people.

Passengers from Yemen, Saudi Arabia, Sudan, Italy, Syria and Lebanon were rerouted Monday onto other planes because of low seat occupancy.

Officials say more than 55 per cent of seats on flights to Cairo have been empty over the past three days. Political turmoil over the past 2 1/2 years has hurt tourism in Egypt. THE ASSOCIATED PRESS

Market Minute

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Natural gas: $3.46 US (-10¢)
Dow Jones: 15,521.97 (-36.86)

Hudson's Bay will open Saks stores in Canada

Retail. Following $2.9B acquisition of U.S. retailer, HBC will roll out chain's luxury and discount banners north of border

Hudson's Bay Co. says it will open up to seven full-line Saks stores in Canada and about two dozen locations under a discount banner once it completes a $2.9-billion US friendly deal to acquire the U.S. luxury retailer.

"We're going to move as quickly as we can," Richard Baker, HBC's chairman and chief executive, told analysts during a conference call on Monday.

"We think there's a lot of opportunity for us to accomplish that rollout relatively quickly."

Saks currently operates 42 stores, including its flagship Saks Fifth Avenue in New York.

HBC says it may transform some of its Bay stores into Saks locations, open new Saks stores in existing buildings or, in some cases, build new stores from the ground up.

Quoted

"We're going to move as quickly as we can. We think there's a lot of opportunity for us to accomplish that rollout relatively quickly."

Richard Baker, HBC's chairman and CEO

The retailer says it also plans to open up to 25 Saks Off Fifth discount stores in Canada and is eyeing the possibility of starting a real-estate investment trust.

Paul Swinand, an analyst with Morningstar, said the deal will give HBC a portfolio of prime U.S. real estate.

"There's no way they could have accessed these real-estate assets at any other price, or in any other way," said Swinand.

"These are assets in locations where you couldn't get that size of a store otherwise."

The combined portfolio of the Bay stores in Canada, Lord & Taylor in the U.S. Northeast and Saks locations would comprise more than 32 million square feet of retail space, said Baker.

A Saks store in New York is shown in this file photo. Canadian retailer Hudson's Bay Co. says it is paying $2.9 billion US to acquire U.S. luxury retailer Saks Inc. THE ASSOCIATED PRESS FILE

"The combination of Saks and HBC real estate creates an unmatched, highly valuable North American retail real-estate portfolio, with a coast-to-coast footprint serving three strong banners," Baker said.

"We will evaluate strategic alternatives to fully realize value from the combined property portfolio, including but not limited to the creation of a real-estate investment trust. This will enable our company to unlock additional value and accelerate deleveraging."

HBC plans to keep Saks as a separate unit headquartered in New York. THE CANADIAN PRESS

Consumer chemical turns up in polar bears' brains

Researchers say a type of pollutant called PFASs can travel up to the top of the food chain, where polar bears are found. THE CANADIAN PRESS FILE

Polar bears in East Greenland have dangerous pollutants that also appear in Teflon in their brains, according to Danish researchers.

"Other pollutants dissipate into the environment, but these don't," says lead researcher Rune Dietz, professor of wildlife biology and toxicology at Aarhus University in Denmark.

"And they don't exist in polar bears' habitat either. A lot of the production of products with these substances now takes place in China. (Our findings) show how far these pollutants are able to travel."

The dangerous chemicals, known as PerFluoroAlkyl Substances (PFASs), are in everyday items like Teflon pans and textile coatings, and they don't dissipate into the environment. When a lowly fish species eats the chemical, and is then eaten itself, it travels up the food chain.

The chemicals travel long distances inside the bodies of the various fish species and marine mammals, and eventually they arrive in polar-bear habitats. "When you get to the top of the food chain, where the polar bears reside, you get the highest concentration of these toxins," explains Dietz.

Though no conclusive evidence exists, PFASs are suspected of damaging the brain, liver and reproduction. "There are higher levels of PFASs in the brains of Inuits as well," according to Dietz.

Even more worryingly, people in industrialized countries who've never eaten marine mammals find themselves with PFASs in their brains, too. Scientists at the Norwegian Institute for Air Research in Tromsø are trying to find out why.

ELISABETH BRAW/METRO WORLD NEWS

Lax regulation in China

- "The increase in PFASs in humans and polar bears is very frightening," says Danish researcher Rune Dietz.
- "The good news is that production of products using these pollutants peaked in 2006. But it's worrying that there's still very little regulation of PFASs in China."

Tech trend. Survey finds upsurge in smartphone ownership

Not only is smartphone ownership way up in Canada, users are getting increasingly addicted to their mobile devices, suggests a new report released by Google.

Based on online surveys with 1,000 Canadians earlier this year, the report estimates that 56 per cent of adults were using a smartphone, up from 33 per cent in early 2012.

About eight in 10 smartphone owners said they don't leave home without their mobile device. Two-thirds of them said they had used their phone every day in the past week.

About 35 per cent said they'd become so reliant on mobile connectivity that they'd give up TV before having to part with their smartphone.

"Mobile has become a core part of how people live their lives today," said Google Canada's head of mobile advertising, Eric Morris.

"The study shows people are using mobile to change all aspects of their life, whether it's their job, travel, shopping, the way they communicate with others, and specifically trying to understand the world around them."

About 78 per cent of the smartphone users said they connected to social media with their device and 52 per cent said they logged on daily.

Morris said he was struck by the number of users who reported they were watching video on their phone. About 75 per cent said they had streamed video on their small screen. THE CANADIAN PRESS

Smartphone ownership

56%

The report estimates that 56 per cent of Canadian adults use a smartphone, up from 33 per cent in early 2012.

SEX ISN'T FOR POLITICOS TO DECIDE

SHE SAYS

Jessica Napier
metronews.ca

Politicians aren't really known for being a particularly prudish bunch — Anthony Weiner, Bill Clinton, Eliot Spitzer and other public officials have had their share of high-profile sex scandals. And yet, a number of public figures made headlines last week for their sexually conservative policies.

American politician Ken Cuccinelli recently launched a web campaign aimed at resurrecting Virginia's Crimes Against Nature law, which would ban oral and anal sex between any two individuals. If passed, the law would make certain sex acts a felony with no consideration of context, effectively turning happily consenting, pleasure-seeking adults into sex offenders.

Across the pond, British Prime Minister David Cameron announced a new initiative to restrict access to online pornography throughout the country. This default porn filter will automatically block access to all sexually explicit websites and British citizens who are interested in viewing racy content will be forced into having a very awkward conversation with their service provider.

Both Cuccinelli and Cameron cite "protecting children" and "family values" as justification for their overreaching policies. "Family values" being one of those vague phrases that has no concrete meaning and is employed emphatically by right-wing politicians to attack everything from gay marriage to working mothers to Gossip Girl.

There's no doubt that this is tricky territory. Obviously intervention is necessary when it comes to things like child pornography, exploitation and sexual predators, but allowing government bodies to regulate what is or isn't sexually acceptable behaviour among the masses is a very slippery slope. I can't help but think of the overzealous minister in Footloose who is determined to outlaw rock music and dancing in his fictional Bible-thumping town.

Whether you agree with Cuccinelli's Crimes Against Nature law or Cameron's porn filter, you have to admit that both policies seem utterly impossible to enforce. This effort to BAN ALL THE NAKED THINGS is just an exhausting waste of time and public resources.

Sex is everywhere, online and in person, and it comes in seemingly limitless varieties. Teaching our children that sex is something that is immoral and should be forbidden is going to create confusion and unhealthy attitudes toward their own sexuality.

When it comes to sexual pleasure, government officials should have no right to come between two consenting adults — or between an individual and a computer screen, for that matter.

Rather than finding new ways to control private (and legal) sexual activities, we should focus on having frank discussions with our children about sex and the dangers of the web.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's down for a dogfight

OLIVER EHMIG/SOLENT NEWS/REX FEATURES

Dog parachutes from airplane

An elite air-force unit has a new weapon for fighting crime — a parachuting dog. A Belgian shepherd named Jany jumps out of the aircraft at more than 1,000 feet, while attached to the chest of an officer. The explosive detector dog makes dozens of jumps with the Colombian Group of Air Special Commands, specially set up to counter crime and terrorism.

The 90-man-strong group is tasked with combating terrorist and criminal activity at all of Colombia's airports. Each paratrooper carries their field equipment on their body for the jumps, which are fraught with danger as landing areas are often covered with anti-personnel blast mines.

METRO

Photographer's view

"She (Jany) was extremely calm during the flight and was euphoric when she touched the ground."

Oliver Ehmig, photographer.
Ehmig captured the moment Jany and her tandem partner Jorge Herrera leapt into action.

This canine can ...

- **Belgian malinois.** Related to the German shepherd, this breed of canine is popular with armed forces and the police for its loyalty and ability to detect explosives and drugs.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

A pleasant side effect of the proliferation of longform interview podcasts is that the demand for guests opens up space for people who aren't promoting a book or a film — people who just happen to be interesting. Here are three that capture a wide range of interests.

Kevin Pollak's Chat Show

Marc Maron's WTF is arguably ground zero for the feature-length chat with neurotic celebrity types, and Kevin Pollak's is among the best of the comedian herd who followed him into the genre.

Radio Open Source

Christopher Lydon plays host to a series of guest experts on topics ranging from what to make of the mess in Afghanistan, the collective art of revolutions and theories on the structure of organized crime.

Inner Compass

The religious overtones of Inner Compass may be a little uncomfortable for some, but it frequently fades into the background as guests discuss everything from the evolution of hip hop to becoming an accidental activist in Myanmar.

Twitter

@metropicks asked: Justin Trudeau said he supported legalizing marijuana when he unexpectedly stopped by a rally in Vancouver last week. Do you think this will bolster the movement?

@TheRealTuretz: I doubt it will have any real impact, since only stoners would let that influence their vote, and they're notoriously lazy.

@Vickivancouver: @robdelaney please save @Canada

Follow @metropicks and take part in our daily poll.

Letters

Do we wait for someone else who is mentally ill to commit a crime? Or do we try and change our society that acts only after the crime has been committed. The government offers little help to the families that are fighting for their adult children's lives to keep them from harming others and themselves.

What a tragedy we are facing. How many times do we hear or read that someone has been murdered due to the mental state of another?

As a society we have buried our heads in the sand because our government chooses to not deal with this issue. Time for change.

Kerin Swift, Surrey B.C.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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DVD reviews

G.I. Joe: Retaliation

Director. John M. Chu

Stars. Dwayne Johnson, Byung-hun Lee

G.I. Joe: Retaliation is a case of ADHD masquerading as a movie, hiding behind incoherent directing, writing and editing to minimize mayhem so as to secure a kid-friendly rating. It's like a giant explosion on a distant planet, observed but not felt. The stolid Dwayne "The Rock" Johnson joins grumpy Bruce Willis as the new top square-jaws of the changing cast, most of the original players having wisely opted for better gigs or early story exits. Based on an action figure and cartoon, G.I. Joe is reduced to an incomprehensible blur of throbbing testosterone tin men (and women), who rat-tat-tat their machine guns and shout inanities at each other. Even when something really big happens — say a major world city being blown up — the effect is like being hit with a clown's Nerf bat.

PETER HOWELL

Woody Allen: The good, the bad and the ugly

Director's cut. Filmmaker's body of work is nothing but prolific — here Metro ranks the best to the worst from 1969 to the present

MATT PRIGGE
Metro World News in New York

It's that time of year again — that is, when Woody Allen releases his annual film. The exact time of year fluctuates. (In the '90s, it was always in the fall, in time for Oscars. For the last few years he's been an improbable summer movie filmmaker.)

And whenever one of his new films is released, it's time to do that thing when you sum up his career, looking back over his rather daunting body of work — a film per year, with few exceptions, since 1969!

Jordan Hoffman, over at Film.com, has done a terrific film-by-film ranking of Woody's 43 1/3 films, though he also includes some that he only wrote and/or acted in, like What's New, Pussycat?, Play It Again, Sam, and The Front. (It feels weird calling him "Allen" — which is, in fact, his actual first name — and especially "Mr. Allen," a la The New York Times.)

It's a great round-up, one not afraid to mount cogent defences of such runs like Shadows and Fog and Another Woman.

Woody Allen on the set of his latest film, Blue Jasmine. CONTRIBUTED

And here, without any neurotic self-deprecation, is ours. (Note: This is only theatrically-released films, not TV work, including the impossible to find Men of Crisis: The Harvey Wallinger Story — which, if anyone has a line on…)

Stone-cold masterpiece
- Love and Death (1975)
- Manhattan (1979)
- Bananas (1971)
- Annie Hall (1977)
- Sleeper (1973)

Near-masterpiece
- Radio Days (1987)
- Hannah and Her Sisters (1986)
- Broadway Danny Rose (1984)
- The Purple Rose of Cairo (1985)
- Crimes and Misdemeanors (1989)
- Deconstructing Harry (1997)
- Zelig (1983)
- Manhattan Murder Mystery (1993)

Really, incredibly good
- Stardust Memories (1980)
- Take the Money and Run (1969)
- Everyone Says I Love You (1996)
- Husbands and Wives (1992)
- Bullets Over Broadway (1994)
- Stardust Memories (1980)
- Blue Jasmine (2013)
- Vicky Cristina Barcelona (2006)
- Sweet and Lowdown (1999)

Quite solid
- Match Point (2005)
- Everything You Always Wanted to Know About Sex (But Were Afraid to Ask) (1972)
- Another Woman (1988)
- What's Up, Tiger Lily? (1966)
- Oedipus Wrecks, his contribution to New York Stories (1989) (this is his 1/3 film)
- Mighty Aphrodite (1995)
- A Midsummer Night's Sex Comedy (1983)

Problematic, but mostly positive
- Anything Else (2003)
- Cassandra's Dream (2005)
- Interiors (1978)
- To Rome, With Love (2012)
- Midnight in Paris (2011)
- Whatever Works (2010)
- Shadows and Fog (1991)
- Celebrity (1998)

Problematic, with less merit — but some
- Hollywood Ending (2002)
- Scoop (2006)
- Small Time Crooks (2000)

Pretty bad — but, you know, not entirely worthless
- September (1987)
- The Curse of the Jade Scorpion (2001)
- Alice (1990)
- Melinda and Melinda (2004)

List justifications

Love and Death, our number one, is not always cited as Woody Allen's best straight-up comedy, much less his best overall film. People tend to gravitate toward Sleeper, which is a touch more sophisticated and reined-in. But that's why we love this: this movie is insane. It's incredibly dense, with parodies of Dostoyevsky and Ingmar Bergman and Sergei Eisenstein flying madly about. (It's crazy this is one of his biggest money-makers.) However, it's his last full-on comedy before the hybrid of comedy and drama that is Annie Hall.

Jackson finally finished with Tolkien?

That's a wrap. Filmmaker shares photos of his last days working on The Hobbit trilogy

Peter Jackson has wrapped up filming The Hobbit trilogy and shared pictures of his last day on the set with his Facebook fans.

The New Zealand filmmaker provided a steady stream of updates and photos from the set of the final film, The Hobbit: There And Back Again, on Friday. The second film, The Hobbit: The Desolation of Smaug, will be released in December, and the finale appears in 2014.

The director posted pictures of dwarves, crew members and actor Martin Freeman, who plays the protagonist, hobbit Bilbo Baggins. The photo updates began and ended with pictures of Jackson's cat, Mr. Smudge. The final photo shows the director and feline cuddling, along with the caption: "A long day. A great day. Thank you all for being part of it! Now for some sleep!"

The Hobbit, based on J.R.R. Tolkien's novel of the same name, is the prequel to Tolkien's The Lord of the Rings. It follows Baggins' adventures as he tries to help a group of dwarves regain their wealth and stature from the dragon Smaug.

THE ASSOCIATED PRESS

Peter Jackson, left, and actor Ian Murray McKellen on the final day of filming of The Hobbit. PETER JACKSON/THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes ALL GETTY IMAGES

Bynes' rocky bond with parents revealed ahead of conservatorship bid

Amanda Bynes' parents may be the last people she wants in control of her life and finances, as the troubled actress and her mom and dad have always had a tense relationship, at least according to Bynes' former pal Ana Rivera, a model, who says Bynes resents her "overprotective" parents for "telling her what to do and pushing her into acting, a career she never wanted," Rivera tells Radar. "She said she'd never been close to her family." Bynes' psychiatric hold has been extended, and a court date is set for next week to review her parents' bid for a conservatorship.

Cory Monteith

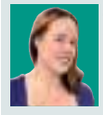
Monteith 'will forever be in my heart,' says Lea

Lea Michele is breaking her silence online after her Glee co-star and real-life boyfriend Cory Monteith died of an overdose earlier this month.

The actress posted a photo of her and Monteith on Twitter Monday, along with a message thanking her followers for "helping me through this time with your enormous love & support." She added: "Cory will forever be in my heart." Monteith was found dead July 13 in Vancouver. An autopsy revealed the 31-year-old actor died of an overdose of heroin and alcohol. He and Michele played an on-again, off-again couple in the popular Fox series and were an off-screen couple for about a year.

The Word

Oh to see an exciting Brad and Jen tiff at this year's TIFF



THE WORD
Dorothy Robinson
scene@metronews.ca

Brad Pitt and Jennifer Aniston, both happily happily engaged to other people eight years after their divorce, MIGHT spot each other at this September's Toronto International Film Festival, and this MIGHT be a big deal, because they MIGHT hug hello, and they MIGHT talk, and they MIGHT wish each other well, and this will cause the universe to implode (if the folks at Us Weekly have anything to do with it, that is). A normal, civilized, post-divorce catch-up sesh surely is off the table for these two because in media, civil exes are boring. We want to catch these two either a) in a blowout as big as a Real Housewives fight, or b) with their pants down in the bathroom at the Four Seasons Toronto. If they're anything like normal Americans, though, they'll just be courteous and chat for a few minutes. Either that or pull the ol' "Oh, my ex is here? Let me pretend to look very busy on my phone for the next hour and a half."

Lindsay Lohan

Lohan back to work after 90-day rehab stint

Thanks to 90 court-ordered days in rehab, it's been a fairly quiet summer for Lindsay Lohan, but that all changes this week. The troubled starlet will be released from her treatment facility Wednesday, and she's reportedly set to jump straight into promotional work for her controversial new film, The Canyons, according to the New York Post. First there's a Twitter Q-and-A Friday with the film's director, Paul Schrader, and writer, Bret Easton Ellis. Lohan is rumoured to be joining them. After that, the actress reportedly has her heart set on heading to the Venice Film Festival with the film.

Lisa Kudrow

Phoebe and Chandler never wanted it to end

While talk of a Friends reunion movie may be dead in the water, stars Matthew Perry and Lisa Kudrow admit they wish the show hadn't gone off the air when it did. "If I had a time machine, I would like to go back to 2004 and not have stopped," says Perry, sitting in for Piers Morgan on his talk show, with Kudrow serving as his guest. Kudrow agrees: "If it were up to us, you know, individually, then yes. I would keep going," she says. "There would have come a time anyway when someone would have said, 'We've had enough.' But why not have fun until they do?"

Twitter

@AnnaKendrick47
dated a guy who slammed my PB&J shut when he got frustrated w my need for peanut butter to be perfectly distributed. We did not last long.

@bobsaget
Thinking of changing my name to ;-)

@DanaDelany
Is anyone else having trouble updating the apps on their iPad?

The summer fat breakdown

You know some fun foods are bad for you, but how bad? We're listing the best to worst

MICHELLE CASTILLO, METRO WORLD NEWS

Nutrition data from My Fitness Pal

1 LIGHT OR REGULAR LAGER

Total fat: 0 g / Cholesterol: 0 mg

2 WATERMELON (BALLED, 1 CUP)

Total fat: 0.2 g / Polyunsaturated: 0.1 g / Monounsaturated: 0.1 g / Cholesterol: 0 g

3 STRAWBERRIES (1 CUP)

Total fat: 0.5 g / Polyunsaturated: 0.2 g / Monounsaturated: 0.1 g / Cholesterol: 0 g

4 COLESLAW WITH MAYONNAISE (1 CUP)

Total fat: 3.1 g / Saturated: 0.5 g / Polyunsaturated: 1.6 g / Monounsaturated: 0.9 g / Cholesterol: 10 mg

5 PINA COLADA WITH RUM (8 OZ)

Total fat: 4 g / Saturated: 3.5 g / Cholesterol: 0 g

6 VANILLA ICE CREAM WITH CONE (SMALL, MCDONALD'S)

Total fat: 5 g / Saturated: fat: 3 g / Cholesterol: 15 mg

7 MACARONI SALAD WITH MAYONNAISE (1 CUP)

Total fat: 9 g / Cholesterol: 8 mg

8 CHOCOLATE CUPCAKE WITH FROSTING

Total fat: 10 g / Cholesterol: 0 g

9 POTATO CHIPS (28.3 G)

Total fat: 10 g / Saturated: 1.5 g / Cholesterol: 0 g

10 FRIES (SMALL, MCDONALD'S)

Total fat: 11 g / Saturated: 1.5 g / Cholesterol: 0 g

11 FALAFEL SANDWICH

Total fat: 14 g / Saturated: 2 g / Polyunsaturated: 6 g/ Monounsaturated: 6 g / Cholesterol: 0 g

12 PEPPERONI PIZZA (1 SLICE)

Total fat: 14 g / Saturated: fat: 6 g / Cholesterol: 30 mg

13 HOT DOG WITH BUN, NO TOPPINGS

Total fat: 18.2 g / Saturated: 6.9 g / Trans 0.5 g / Cholesterol: 34.4 mg

14 POTATO SALAD WITH MAYONNAISE (1 CUP)

Total fat: 20.5 g / Saturated: 3.6 g/ Polyunsaturated: 9.3 g/ Monounsaturated: 6.2 g / Cholesterol: 170 mg

15 CHEESEBURGER (0.25 LBS, GRILLED)

Total fat: 21 g / Saturated: 4 g / Cholesterol: 144 mg

Best Health

Soothe those insect bites

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health, on newsstands now, we feature an article by freelance writer Michelle Villett, who has rounded up the options available for taking the itch out of insect bites.

Tablets

Benadryl Allergy Caplets are an oral antihistamine containing diphenhydramine, which helps reduce the swelling of the skin from any insect bite or sting, and reduces the itching from mosquito bites and ant stings. But it can be sedating, so other good options are remedies containing loratadine (in Claritin Allergy), cetirizine (in Reactin) and desloratadine (in Aerius).

Topical antihistamines

These are less potent than oral remedies but can still soothe itchiness: After-Bite Gel, Benadryl Itch Cream, Claritin Skin, Polysporin Itch Relief or Lanacane.

Natural remedies

Taking an oatmeal bath helps soothe pain and itching. Aveeno Daily Moisturizing Bath is anti-inflammatory and helps skin retain moisture. Or you could try applying a paste of baking soda and water to bites or stings; the sodium bicarbonate can reduce itch.

There's also an exciting new option for prevention. Health Canada has just approved an all-natural oral mosquito repellent that also claims to repel black flies and other biting bugs. It's called Mozi-Q. Tablets contain staphysagria, a substance derived from delphinium plants. Find it at health-food retailers.

Take a bite out of your pain. ISTOCK PHOTOS

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Watermelon introduces its savoury side in light salad

Watermelon, Tomato, Pistachio and Feta Salad

This salad serves four. MIKE MCCOLL, FROM ROSE REISMAN'S UPCOMING OCTOBER 2013 BOOK

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Nothing beats a summer salad that combines watermelon, tomatoes and feta.

The balsamic glaze is sensational, and you avoid the calories and fat of oil-based dressings.

Follow directions exactly for dressing. If too thick, just add a little more balsamic vinegar.

Ingredients

Salad

- 4 cups (1 L) baby arugula or baby spinach
- 1 cup (250 ml) small red or yellow grape tomatoes
- 4 cups (1 L) cubed watermelon
- 1/3 cup diced reduced fat feta cheese (2 1/2 oz/75 g)
- 1/3 cup (80 ml) toasted chopped pistachios
- 1/4 cup (60 ml) chopped mint or parsley

Dressing

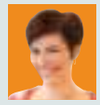
- 1 cup (250 ml) balsamic vinegar
- 1/4 cup (60 ml) maple syrup

1. To make the salad: Place arugula, tomatoes, watermelon, feta, pistachios and mint in a large serving bowl.

2. To make the dressing: In a small skillet, add the balsamic vinegar and maple syrup. Bring the mixture to a boil, and cook at a rapid boil for 8 to 10 minutes or just until the mixture bubbles on the entire surface and is slightly syrupy. Do not overcook, or the syrup will get too thick.

Health Solutions

It isn't 'just water'



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Oh, sure, it is 92 per cent water, but the other eight per cent of watermelon is a powerhouse. (And there is no such thing as "just" water anyway). Watermelon is a rare, excellent source of an important amino acid called citrulline, which is key in exercise muscle recovery and the elimination of ammonia.

The red flesh is delicious, but the white rind is even more concentrated in this nutrient. Don't throw it away! Trim the outer skin and save the white, less tasty portion to make a relish that is delicious with a cheese board, on baguette or burgers.

Watermelon Relish

- 2 cups (500 ml) watermelon rind. Remove the dark-green skin and cut the white part into 1/4-inch (0.6 cm) cubes
- 2 tsp salt (10 ml)
- 2 1/2 cups water (625 ml) and 3/4 cup (185 ml) water, divided
- 1/2 cup (125 ml) sugar
- 2 tbps(25 ml) lemon zest, finely grated
- 2 tbsp (25 ml) lemon juice
- 1/2 tsp (2 1/2 ml) cinnamon
- 1/8 tsp cloves (0.5 ml)

Mix rind with salt and 2 1/2 cups (625 ml) water. Let stand covered at room temperature overnight. Drain and rinse well.

In saucepan, combine sugar with 3/4 cup (185 ml) water, the lemon zest and juice and cinnamon and cloves. Bring to boil over medium heat, add rind and cook gently for 40 mins. or until the rind is translucent and tender (do not boil hard as the mixture could caramelize). When done, remove from heat and cool. Keep refrigerated.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY OF THE NATIONAL WATERMELON PROMOTION BOARD

Side dish. Grilled Corn with Queso Fresco

1. Heat the grill to high.

2. Rub each of the ears of corn with a bit of olive oil. Once the grill is hot, arrange the corn in a single layer on the grill grates. Cover the grill and reduce the heat to medium. Cook for 6 minutes, turning several times.

3. Meanwhile, use a grater (large holes) to grate the queso fresco into a medium bowl. Add the paprika, garlic powder, salt and pepper, then toss well.

4. When the corn is ready, use tongs to transfer it to a rimmed baking sheet or baking pan that will fit on your grill. It's OK to stack the corn. Sprinkle the cheese mixture over the corn. Arrange butter chunks evenly over the corn. Place the pan on the grill, cover and cook for 4 minutes, or until the butter melts. Serve. **THE ASSOCIATED PRESS**

Ingredients

- 8 ears of corn, husks and silk removed
- Olive oil
- 8-oz block queso fresco cheese
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 1 stick butter, cut into 8 pieces

This one takes the (carrot) cake

What makes carrot cake such a crowd pleaser is its soft, dense texture and distinct flavour created by the aromatic mixture of cinnamon and sugar. With three cups of carrots included in the recipe and two grams of fibre per serving, it's the perfect cake for any family occasion.

1. Preheat oven to 350 F (180 C) and grease two 9-inch (23 cm) cake pans.

2. Beat oil and sugars together in a large bowl until combined. Add eggs, one at a time, beating well after each addition.

3. Next, combine flour, cinnamon, baking soda, baking powder and salt in a separate large bowl.

4. Add flour mixture to egg mixture. Mix, just until combined. Fold in carrots.

5. Divide batter evenly in prepared pans. Bake in preheated oven 25 to 30 minutes or until a toothpick inserted in centre of cake comes out clean. Cool in pans on wire cooling rack for 20 minutes. Remove from pans and cool completely on wire cooling rack.

6. For icing: cream butter and cream cheese in a medium bowl. Add icing sugar, one cup (250 ml) at a time. Beat well after each addition. Add vanilla. Continue beating until fluffy. Add 1 tbsp (15 ml) milk at a time to thin out icing if necessary. Place one cake on serving dish. Spread with icing. Top with remaining cake layer. Spread top with remaining icing.

NEWS CANADA/ ROBINHOOD.CA

Ingredients

Cake

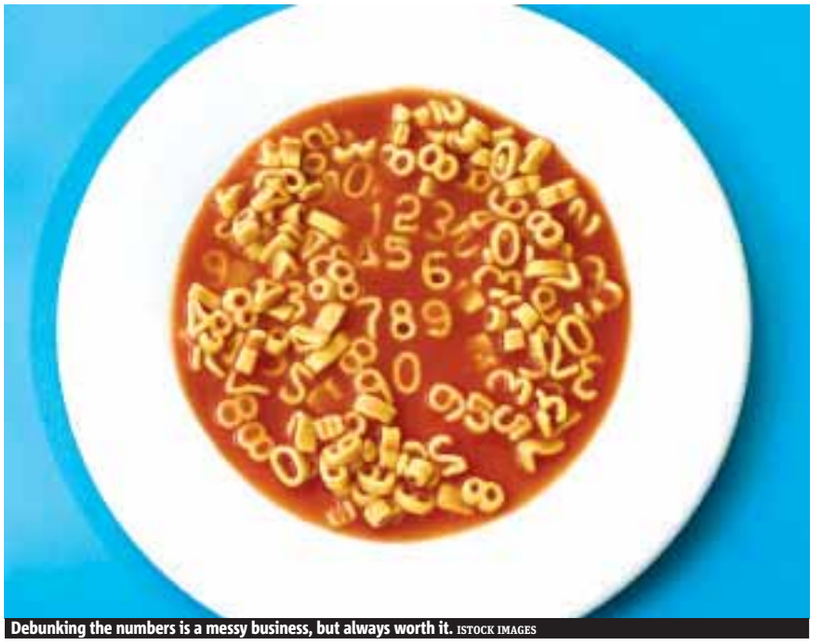
- 1 cup (250 ml)canola oil
- 1 cup (250 ml) granulated sugar
- 3/4 cup (175 ml) packed brown sugar
- 4 eggs
- 2 cups (500 ml) Robin Hood Nutri Flour Blend Tastes Like White
- 2 tsp (10 ml) cinnamon
- 2 tsp (10 ml) baking soda
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) salt
- 3 cups (750 ml) finely grated carrots (approx. 1 lb/454 g)

Cream Cheese Icing

- 1/4 cup (50 ml) butter, softened
- 1 cup (250 ml) regular or low fat cream cheese, softened
- 4 cups (1 L) icing sugar
- 1 tsp (5 ml) vanilla extract
- Milk (as needed)

This recipe makes 16 servings. NEWS CANADA

Canadians on the brink of debt disaster? Bank says the statistics may be flawed



Debunking the numbers is a messy business, but always worth it. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

"Statistics are like a bikini. What they reveal is suggestive, but what they conceal is vital." So said the late Aaron Levenstein, American professor of business.

I'm sure that's what TD Bank analysts commented to each other when they re-analyzed the oft-reported statistics about Canadians' perilous indebtedness.

The numbers go like this: Canadians' debt-to-income ratio is 162, so we owe $162 for every $100 of after tax income. This is worrying because Americans ran up a debt-to-income ratio of 163 just before the financial crash.

The falling sky is nigh, say the financial prognosticators, especially in light of Canada's stratospheric housing market.

But TD maintains that the statistics are flawed. The Canadian figures include interest on non-mortgage debt and out of pocket health-care expenses, neither of which factor in to the American numbers.

When such costs are taken into account, our pre-crash neighbours had a debt-to-income ratio of 177 while we Canadians now stand at 156 per cent.

Certainly reason for concern, but we're not on the brink of Armageddon.

TD's reanalysis begs the question of why bogus, or at least flawed, statistics and conclusions can float around without contradiction, sometimes for decades.

These days surveys, reports and studies are hugely popular with all manner of companies and government agencies (TD, by the way, loves them.)

They're cheap advertising in a time of shrinking media outlets and budgets. For overworked journalists, predigested research is very attractive.

Often the surveys produce an interesting slice of information about our lives and society. But some are just plain garbage.

A recent one about insurance bothered me and I discovered that most of the information had been lifted from an American study and then Canadianized poorly.

The problem with inaccurate or misleading surveys and reports is that they can create or solidify public opinion.

Take the level of Canadian indebtedness. Our debt level is too high, no question. But when statistics indicate that we're nearing a precipice, the public gets scared.

Worse, politicians leap into the fray and create lousy policies based on faulty assumptions.

I'd like to see a lot more debunking done, along the lines of TD Bank's recent report.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Getting touchy feely with robot skin

ELISABETH BRAW
Metro World News

Attention naysayers who predict that robots will never be like humans: the robots just made a huge leap in our direction. Researchers at the University of California, Berkeley, have invented robot skin — and it reacts when touched.

"With the interactive e-skin, we have demonstrated an elegant system on plastic that can be wrapped around different objects to enable a new form of human-machine interfacing," explained Ali Javey, an associate professor of electrical engineering and computer sciences at Berkeley who led the research team.

The e-skin is not really skin, of course: it's flexible plastic.

But its sensors react just like human skin. Lights flash when the skin is touched: softly in response to light touching, brightly in response to more pressure. The plastic sheets can be wrapped around robot limbs.

This will help the android creatures react to human beings. But the purpose of the skin is not to make robots more human. Instead, the researchers envisage it being used in wallpaper that functions like today's touchscreen devices.

"Unlike the stiff touchscreens on iPhones, computer monitors and ATMs, the e-skin is flexible and can be easily laminated on any surface," says the study's lead co-author, Chuan Wang, an assistant professor of electrical and computer engineering at Michigan State University.

"I could also imagine an e-skin bandage applied to an arm as a health monitor that continuously checks blood pressure and pulse rates," Wang says.

The results of the study, which was funded by the Pentagon's pioneering research arm, DARPA, were published in the scientific journal Nature Materials.

The e-skin isn't really skin. It's actually a flexible plastic with sensors.
ALI JAVEY AND CHUAN WANG

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Underachieving Jays could wheel, deal at trade deadline

MLB. But fire sale not expected as GM Anthopoulos hopes to contend in 2014

After a busy off-season, the Toronto Blue Jays were expected to be contenders.

Instead they're well under .500, out of the American League East and AL wild-card races and grasping for positives amid a season that hasn't gone according to plan.

"When you're not winning games, it's not good," general manager Alex Anthopoulos said during a recent homestand. "You're scratching your brain trying to come up with ways to get better."

One way to get better, for next year and beyond, involves selling before Wednesday afternoon's trade deadline. Anthopoulos recognizes the Blue Jays' place at the bottom of the standings, but with the hope of contending in 2014 there might not be many assets available to deal.

"Everyone's in trade mode," Anthopoulos said. "I think anything we do, if we can do something that helps currently, great, but even for the following year as well, we'll look to do it. We're having dialogue, but I'd say every player we're having dialogue about are players that can help us beyond the current year."

In other words, don't expect a fire sale of every Blue Jays player who has underachieved this season. Only three are impending free agents: Starter Josh Johnson, whose value is at an all-time low, reliever Darren Oliver, who's 42 years old, and outfielder Rajai Davis, who's a part-timer relied on mostly for his speed. THE CANADIAN PRESS

Setting the bar

The market for reliever trades has already been set.

- On Monday the Los Angeles Angels of Anaheim traded 37-year-old former Blue Jays lefty Scott Downs to the Atlanta Braves for minor-league right-hander Cory Rasmus.
- Also Monday, the Houston Astros traded closer Jose Veras to the Detroit Tigers for 19-year-old outfield prospect Danry Vasquez and a player to be named later.

Rajai Davis, seen here making a leaping catch in Boston on June 28, could be flying out of Toronto if the Blue Jays deal him before the trade deadline. GETTY IMAGES FILE

Phelps backstrokes into Olympic picture

Michael Phelps GETTY IMAGES FILE

When Michael Phelps walked away from swimming after the London Olympics, he was adamant about one thing: His career was over.

Now, it sounds like he's not so sure.

While saying he's never been happier with his life — and certainly doesn't miss the grind of what it took to become the most winningest athlete in Olympic history — Phelps left the door open to change his mind before the 2016 Rio Games.

"I don't know what's going to happen in the future," Phelps said Monday. "I don't know what's going to happen tomorrow."

In Barcelona for the world swimming championships, Phelps spoke to The Associated Press and other international media organizations in a series of one-on-one interviews set up by his sponsor, Speedo. When asked by the AP, yes or no, whether he'll compete at the next Olympics, Phelps coyly said he hasn't planned that far ahead in his life.

That's a striking change from his comments before and immediately after the London Games, when he insisted his retirement was set in stone and it had always been his goal to quit swimming before he tuned 30.

Phelps will be 31 at the time of the opening ceremony for the Rio Games.

"I don't know. We're in 2013," he said, before adding, "There's nothing in the works right now." THE ASSOCIATED PRESS

Calling out Bolt

World's fastest man accepts challenge to race for charity

Olympic sprint champion Usain Bolt has accepted a challenge from Olympic middle-distance champion Mo Farah to race for charity, saying he would be prepared to meet over 600 metres.

Farah, who won gold at the 5,000 and 10,000 metres at the London Olympics last year was the star of the Games along with Jamaican sprinter Bolt, who won the 100 and 200 metres.

"That sounds fun," Bolt said. "It's going to be hard but it's charity so it's all about fun and enjoyment.

"I'm up for anything, for anything's possible." TORSTAR NEWS SERVICE

NHL

Jets ink Bogosian to seven-year deal

The Winnipeg Jets have signed defenceman Zach Bogosian to a seven-year, $36-million US contract.

Bogosian was the Jets' final restricted free agent who needed a new deal. He'll count just more than $5.14 million against the salary cap. Last week the Jets signed right-winger Blake Wheeler to a six-year, $33.6-million contract. They also gave restricted free-agent centre Bryan Little a five-year, $23.5-million deal. THE CANADIAN PRESS

Zach Bogosian GETTY IMAGES FILE

Plenty left in the tank

"I don't know if I've peaked yet."

Serena Williams, who at the age of 31 says she is playing some of her best tennis yet. The No. 1-ranked Williams will be in action in Toronto at the Rogers Cup, a tournament she won in 2011 while ranked 80th in the world.

4 SPORTS

Let Canada's 'golden age' begin

FIBA. Plenty of NBA talent to choose from as national team prepares for World Cup qualifier

During his first stint as head coach of the Canadian men's basketball team, Jay Triano often found it a struggle to convince the country's top players to wear the Maple Leaf.

But as he prepared to open a training camp in Toronto later this week, Triano wondered Monday if he may soon be facing the opposite problem.

The camp, which opens Friday in Toronto, will include NBA players Tristan Thompson, Cory Joseph, Andrew Nicholson and Joel Anthony. Recent NBA No. 1 pick Anthony Bennett and draftee Kelly Olynyk will be with the team, though neither will participate due to injury.

So there will be some tough decisions ahead for general manager Steve Nash and Triano, who returned to the helm a year ago after coaching Canada from 1998 to 2004.

"I said to Steve, 'Man, this is not an easy job. It used to be we had a hard time convincing NBA players to play for our country,'" Triano said. "(Now in the future) we're going to have to cut an NBA player off of our Canadian national team.

"Steve says, 'That's great.' I said, 'Not for me.' I don't want to be that guy," Triano said with a laugh. "That's where we are."

Nash calls it Canada's "golden age of basketball."

Wiggins out

Phenom Andrew Wiggins will not be with the Canadian men's team this summer, opting instead to focus on preparing for his freshman season at Kansas.

Canada is preparing for the Aug. 30 to Sept. 11 FIBA Americas Championship in Venezuela, where the top four teams qualify for the 2014 World Cup. Having worked with Team USA in recent years, Triano has seen how the bonds built in training can translate to the floor.

"I think what we do in meetings and off the floor and what we do on the floor is all going to be part of whether we can mesh as a team," Triano said. "We have to use the experience we have from guys who have played in the past ... and we have to use the young influx of talent and find ways to get them that international experience. No better way than to go one-on-one every day upstairs in practice." THE CANADIAN PRESS

Nash-ional interest

"Obviously, we're desperate to qualify. But the truth is, it's going to be a real challenge. We've got a tremendously young team."

Canada Basketball GM Steve Nash on the national team's prospects of qualifying for next summer's World Cup in Spain.

Canada Basketball general manager Steve Nash speaks to reporters alongside head coach Jay Triano on Monday in Toronto. The Canadian men's national team will attempt to qualify for next's summer's World Cup by finishing in the top four at the FIBA Americas Championship in late August in Venezuela. FRANK GUNN/THE CANADIAN PRESS

Formula One

Hungary win gives Hamilton hope

Lewis Hamilton goes into Formula One's mid-season break with renewed hope. Maybe he still has time to challenge for the title.

Hamilton is some distance behind championship leader Sebastian Vettel — 48 points back in fourth — but his victory Sunday at the Hungarian Grand Prix was the third for Mercedes in the past five races.

"I am very hopeful this could be a real turning point for us," Hamilton said, with team principal Ross Brawn adding that "it certainly feels like we have made a good step forward."

Two-time former champion Fernando Alonso has slipped to third overall, behind Lotus driver Kimi Raikkonen.

THE ASSOCIATED PRESS

Lewis Hamilton won the Hungarian Open on Sunday in Budapest. GETTY IMAGES

CFL. 'He's not Ricky': Argos going with backup Collaros against Lions

Travis Lulay knows what Zach Collaros is going through.

It wasn't that long ago that Lulay, now a Grey Cup champion and MVP with the B.C. Lions, was a rookie quarterback getting ready to make his first CFL start.

Collaros will get his shot in place of injured Toronto starter Ricky Ray when the Argonauts (2-2) host the Lions (3-1) in a rare Tuesday-night game in Toronto.

"He's excited, I can guarantee you that," Lulay said on Monday. "I can think back to my first start. I saw him doing an interview and you could see that excitement.

"Everyone's been there. We can relate to being in that situation."

The 24-year-old Collaros spent most of last season on the injured list but will get his first pro start after Ray suffered a knee injury in the Argos' 35-19 win over Winnipeg on July 19.

The extended layoff gave Collaros time to prepare to face the Lions and their No. 1-ranked defence.

"I'm excited to get going," Collaros said. "It's good to have three full practices under my belt and it's going to make the transition that much easier for me."

The Argos will start Zach Collaros at quarterback against the Lions on Tuesday night. GETTY IMAGES

Argos coach Scott Milanovich said he expects Collaros, who has completed 7 of 10 passes for 112 yards in 2013, to do what has made him successful up to this point.

"Zach's a very emotional guy. He'll be jazzed up. I think he thrives on his emotion and I don't want to change that," Milanovich said. "He's not Ricky. He's a different style of player and he's a different personality and we're not going to try and make him Ricky."

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	63	43	.594	—
Tampa Bay	62	43	.590	½
Baltimore	58	48	.547	5
New York	55	50	.524	7½
Toronto	48	56	.462	14

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	59	45	.567	—
Cleveland	56	48	.538	3
Kansas City	51	51	.500	7
Minnesota	45	57	.441	13
Chicago	40	62	.392	18

WEST DIVISION

	W	L	Pct	GB
Oakland	62	43	.590	—
Texas	56	49	.533	6
Seattle	50	55	.476	12
Los Angeles	48	55	.466	13
Houston	35	69	.337	26½

Monday's results
Tampa Bay at Boston
Chicago White Sox at Cleveland
L.A. Angels at Texas
Toronto at Oakland
Sunday's results
Cleveland 6 Texas 0
N.Y. Yankees 6 Tampa Bay 5
Toronto 2 Houston 1
Detroit 12 Philadelphia 4
Boston 5 Baltimore 0
Kansas City 4 Chicago White Sox 2 (12)
Oakland 10 L.A. Angels 6
Seattle 6 Minnesota 4
Tuesday's games
All times Eastern
Houston (Norris 6-9) at Baltimore (Chen 5-3), 7:05 p.m.
Chicago White Sox (Peavy 8-4) at Cleveland (Kazmir 6-4), 7:05 p.m.
Washington (Strasburg 5-8) at Detroit (Sanchez 8-7), 7:08 p.m.
Arizona (Kennedy 3-7) at Tampa Bay (Hernandez 5-11), 7:10 p.m.
Seattle (Saunders 9-9) at Boston (Workman 0-1), 7:10 p.m.
L.A. Angels (Wilson 11-6) at Texas (Holland 8-6), 8:05 p.m.
Kansas City (Santana 6-6) at Minnesota (Pelfrey 4-8), 8:10 p.m.
Toronto (Buehrle 6-7) at Oakland (Straily 6-4), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	60	45	.571	—
Washington	52	54	.491	8½
Philadelphia	49	56	.467	11
New York	46	56	.451	12½
Miami	40	63	.388	19

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	62	40	.608	—
Pittsburgh	61	42	.592	1½
Cincinnati	59	47	.557	5
Chicago	48	55	.466	14½
Milwaukee	43	61	.413	20

WEST DIVISION

	W	L	Pct	GB
Los Angeles	56	48	.538	—
Arizona	54	51	.514	2½
Colorado	51	55	.481	6
San Diego	48	58	.453	9
San Francisco	46	58	.442	10

Monday's results
St. Louis at Pittsburgh
Colorado at Atlanta
N.Y. Mets at Miami
Milwaukee at Chicago Cubs
Cincinnati at San Diego
Sunday's results
Miami 3 Pittsburgh 2
Washington 14 N.Y. Mets 1
Chicago Cubs 2 San Francisco 1
Colorado 6 Milwaukee 5
L.A. Dodgers 1 Cincinnati 0 (11)
San Diego 1 Arizona 0
Atlanta 5 St. Louis 2
Tuesday's games
All times Eastern
Milwaukee (Gallardo 8-9) at Chicago Cubs (Villanueva 2-7), 2:20 p.m.
St. Louis (Lyons 2-3) at Pittsburgh (Burnett 4-7), 4:05 p.m.
San Francisco (Zito 4-7) at Philadelphia (Lannan 2-4), 7:05 p.m.
Colorado (Nicasio 6-4) at Atlanta (Wood 0-2), 7:10 p.m.
N.Y. Mets (Wheeler 4-1) at Miami (Eovaldi 2-1), 7:10 p.m.
St. Louis (Lynn 12-5) at Pittsburgh 7:35 p.m.
Milwaukee at Chicago Cubs (Arrieta 0-0), 8:05 p.m.
N.Y. Yankees (Pettitte 7-8) at L.A. Dodgers (Greinke 8-3), 10:10 p.m.
Cincinnati (Latos 10-3) at San Diego (Volquez 8-8), 10:10 p.m.

CFL

WEEK FIVE

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	4	2	2	0	118	116	4
Montreal	5	2	3	0	122	139	4
Hamilton	5	1	4	0	99	158	2
Winnipeg	5	1	4	0	115	146	2

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	5	5	0	0	183	87	10
Calgary	5	4	1	0	162	133	8
B.C.	4	3	1	0	104	84	6
Edmonton	5	1	4	0	99	139	2

Tuesday's game — All Times Eastern
B.C. at Toronto, 7:30 p.m.
WEEK SIX
Byes: Calgary, Montreal, Saskatchewan, Toronto
Friday, Aug. 2
Hamilton at Edmonton, 9 p.m.
Monday, Aug. 5
Winnipeg at B.C., 7 p.m.
WEEK SEVEN
Byes: B.C., Edmonton, Hamilton, Winnipeg
Thursday, Aug. 8
Toronto at Montreal, 7:30 p.m.
Friday, Aug. 9
Saskatchewan at Calgary, 9 p.m.

MLS

MLS

Sunday's result
Seattle 2 Chivas 1

Saturday's games
All Times Eastern
Chicago at Philadelphia, 7:30 p.m.
Montreal at D.C, 7:30 p.m.
New York at Kansas City, 8 p.m.
Columbus at Houston, 9 p.m.
Salt Lake at Colorado, 9 p.m.
Chivas at San Jose, 10 p.m.
Dallas at Seattle, 10:30 p.m.
Vancouver at Portland, 11 p.m.

Sunday's games
Toronto at New England, 7:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Make the best use of every minute of your time today. What you do is important, but how you do it is even more so right now. Why? Because influential people are watching.

♉ Taurus
April 21 - May 21
Partnership problems must not be allowed to detract from the wonderful opportunities now coming your way. If there are any outstanding squabbles, you must deal with them now.

♊ Gemini
May 22 - June 21
People are going out of their way to be nice to you and you should go out of your way to return the favour. Fun is for everyone but especially for you.

♋ Cancer
June 22 - July 23
Why are you hesitating to start something you know you will enjoy — and which could make lots of money? Whatever the reason, you've got to get over it or you will look back later and regret that you were not more dynamic.

♌ Leo
July 24 - Aug. 23
There are major changes going on around you and the good news is every one of them can be used by you to further your interests. Whatever else you do today don't fear change — make it work for you.

♍ Virgo
Aug. 24 - Sept. 23
It seems you are focusing on things you fear rather than things you have to look forward to. That's silly and you know it. Everyone else thinks you're a star, so why don't you? Start acting like one today.

♎ Libra
Sept. 24 - Oct. 23
Fate has a way of giving us what we need, though whether we want it at the time is another matter, of course. What happens today may shock you but it will also inspire you to aim higher.

♏ Scorpio
Oct. 24 - Nov. 22
Today's Venus-Pluto link will bring back your passion for something you seem to have forgotten about for a while. This time you'll give it your undivided attention, and this time you'll see it through.

♐ Sagittarius
Nov. 23 - Dec. 21
These may be fun times but you should also be giving some thought to what changes you would like to see. They must, of course, be serious changes. Going through the motions won't be any good.

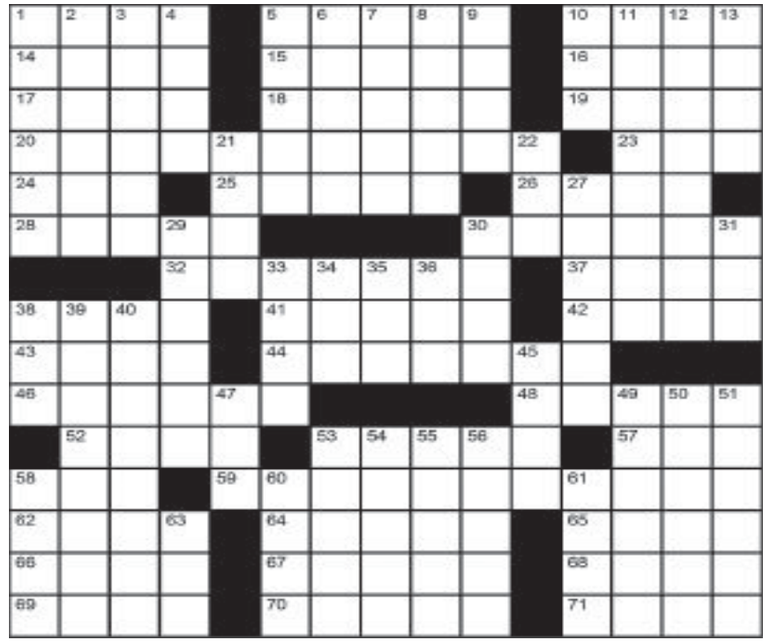
♑ Capricorn
Dec. 22 - Jan. 20
You'll be moving around today, in pursuit of things you have set your heart on. Remember that not everyone shares your taste in possessions.

♒ Aquarius
Jan. 21 - Feb. 19
The planets are urging you to put bad feelings behind you and patch up a relationship that still has a lot of mileage in it. You have come so far together, surely you can go all the way to the finish line.

♓ Pisces
Feb. 20 - March 20
You may not like having to say "no" to people who depend on you but if you don't it will be you who loses out. Haven't they been depending on you a bit too much? SALLY BROMPTON

Crossword: Canada Across and Down

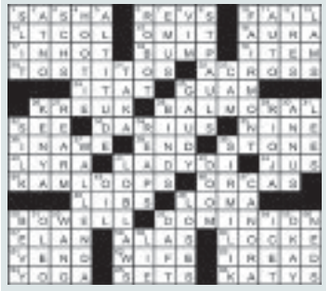
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. French miss [abbr.]
5. CNBC's "The Suze __ Show"
10. Goes for
14. Attack, like a lion
15. Lift with might
16. Golfing hazard
17. Ponder
18. Year's historic record
19. "The Bridges at __-Ri" (1954)
20. Canuck sweet treats
23. Animal's health pro
24. Mork's planet
25. Stands for
26. Norse deity
28. Old Testament hymn
30. Argentina's capital, __ Aires
32. "Oh, puh-leeze." gesture
37. Be goofy, __ _ fool
38. Some TVs
41. Sound
42. Depilatory brand
43. Sequences, for short
44. Rise, as a hill
46. Ump's call, "__, __!"
48. Actress Eva
52. Succeeds
53. City in Quebec
57. Pirate's positive
58. Pre-A.D. time alternative
59. Job title for "The Da Vinci Code" (2006) character Robert Langdon
62. "Casablanca" (1942) role, Ilsa __
64. "Let's take _ __." (Pre-show-of-hands comment)
65. Opera voice
66. Spewer of Sicily
67. Point-to-turn on
68. Stagger
69. Hand-me-down
70. City of Tuscany in Italy
71. Roger McGuinn, as a band member

Down
1. Hanson hit
2. Matt of morning TV talk, and others
3. Capital of Zambia
4. Distance above sea level [abbr.]
5. Windy City airport
6. Hertz __-_-Car
7. NB's Grand __ Island
8. J'__; Nous avions; Vous aviez...
9. Jodie Foster movie
10. Cdn. capital
11. Canada's one-of-ten
12. Heed: 2 wds.
13. Predicament
21. Actress Ms. Rossum
22. Old French coin
27. Ms. Durbin (Winnipeg-born star)
29. Learning session
30. Count Basie's "Blee __ Blues"
31. Roosted
33. Restaurant chain, __ Side Mario's
34. Groove
35. "__ to Billie Joe" by Bobbie Gentry
36. "Why'd You __" by Colin James
38. Mr. Rogers of Westerns
39. "Sh-Boom": '50s hit for Toronto quartet The __
40. Ms. Clarkson, Canadian journalist who became Governor General
45. "L'Eggo my __!" (Famous commercial slogan)
47. Battleship letters in The States
49. Canadian sprinting great/Olympian, Donovan __
50. Prairie __, Canadian country band
51. Narrated again
53. Nero's 2007
54. Over
55. Boarded the bus: 2 wds.
56. "Get Here": Early-'90s hit for __ Adams
58. Cordon __
60. High-pitched barks
61. Outfit
63. Pop

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	4	8	1	3	9	6	7	5
6	3	7	4	8	5	9	1	2
1	9	5	7	6	2	8	3	4
9	8	2	5	1	7	3	4	6
5	6	4	2	9	3	7	8	1
3	7	1	6	4	8	5	2	9
4	5	3	9	7	1	2	6	8
7	2	6	8	5	4	1	9	3
8	1	9	3	2	6	4	5	7

	6	1	7	4			8	9
		4						
2	9		6			7		
	8			5		3		
		2		9			6	
		7			9		3	5
						4		
5	4			3	7	2	1	

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